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POLAR
LISTEN TO YOUR BODY

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Polar FT40™

User Manual
Manuel d'Utilisation

POLAR
LISTEN TO YOUR BODY

ENGLISH

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1. BENEFITS OF YOUR POLAR FT40 TRAINING COMPUTER

UNDERSTAND YOUR BODY:

Training with Polar FT40 means you never need to guess. The FT40 shows you the effect of your training: fat burning or fitness improvement.

BURN FAT:

In the fat burn zone, you burn mostly fat calories, increase your metabolism, and build a foundation for higher intensity training.

GET FIT:

In the fitness zone, you train harder to improve cardiovascular fitness, strengthen the heart, and increase blood circulation to the muscles.

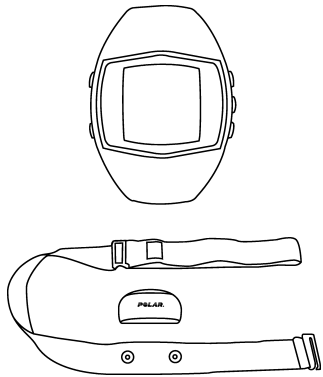
2. GET STARTED

Get to Know Your Polar FT40

Wrist Unit records and displays your heart rate and other data during training.

WearLink transmits the heart rate signal to the wrist unit. The WearLink consists of a connector and strap.

Register your Polar product at http://register.polar.fi/ to ensure we can keep improving our products and services to better meet your needs.



Start With Basic Settings

To activate your Polar FT40, press and hold any button for one second. Once the FT40 is activated, it cannot be switched off.

1. **Language:** Select **Deutsch**, **English**, **Español**, **Français** or **Italiano** with UP/DOWN. Press OK.
2. **Please enter basic settings** is displayed. Press OK.
3. Select **Time format**.
4. Enter **Time**.
5. Enter **Date**.
6. Select **Units** Set metric (KG, CM) or imperial (LBS, FT). By selecting lbs/ft, calories are displayed as CAL, otherwise they are shown as KCAL. *Calories are measured as kilocalories.*
7. Enter **Weight**.
8. Enter **Height**.
9. Enter **Date of birth**.
10. Select **Sex**.
11. **Settings OK?** is displayed.
    Select **Yes** to accept and save the settings. **Basic settings complete** is displayed and the FT40 enters Time mode.
    Select **No** to change the settings. **Please enter basic settings** is displayed. Re-enter your basic settings.

You can modify your user information at a later date. For more information, see Settings.

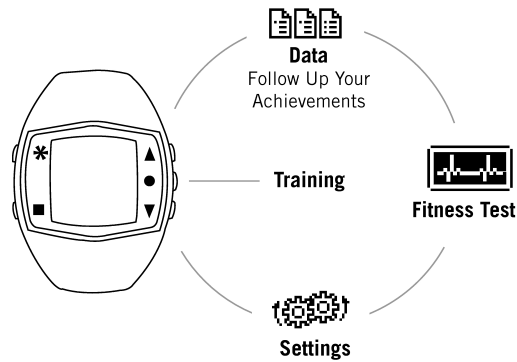
Wrist Unit Buttons and Menu Structure

▲ UP: Enter the menu and move through selection lists, adjust values

● OK: Confirm selections, select training type or training settings

▼ DOWN: Enter the menu and move through selection lists, adjust values

■ BACK:
- Exit the menu
- Return to the previous level
- Cancel selection
- Leave settings unchanged
- With a long press, return to Time view



✱ LIGHT:
- Illuminate the display
- With a long press, enter quick menu in Time view (to lock buttons, set alarm or select time zone) or during training (to adjust training sounds or lock buttons)

Symbols on the Display

The following table presents the display symbols and their descriptions.

Symbol	Description
	The battery of the wrist unit is low.
	The alarm is active.
	Sounds are off.
	Time 2 is in use. Number two is displayed at the lower right corner of the display.
	The button lock is active.
	Heart rate is transmitted.

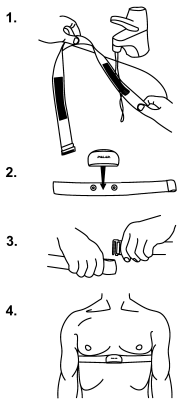
3. TRAINING

Wear the WearLink

Before starting training recording, you need to wear the WearLink.

1. Wet the electrode areas of the strap well under running water.
2. Attach the connector to the strap. Adjust the strap length to fit it tightly but comfortably.
3. Tie the strap around your chest, just below the chest muscles, and attach the hook to the other end of the strap.
4. Check that the wet electrode areas are firmly against your skin and that the Polar logo of the connector is in a central and upright position.

Detach the connector from the strap when you are not using it to maximize the transmitter lifetime. See detailed washing instructions in Care and Maintenance.



Start Training

1. Wear the WearLink and the wrist unit.

2. Press OK and select **Start**. Start recording by pressing OK.

To modify sound, heart rate view or other training settings before starting the training session, select **Training Settings**. See Settings for more information.

Your training session is recorded only when recording for more than one minute.

Burn Fat or Improve Fitness

While training, the Polar FT40 displays your optimal training intensity for burning fat and improving fitness. These intensities may vary depending on your daily physical and mental condition. When you start recording a training session, the FT40 analyses your current condition and, if necessary, will adjust the intensities accordingly.

This intelligent training computer can detect your body's daily state from your heart rate and heart rate variability. When your body is recovered from previous training sessions and is not tired or stressed, then you are prepared for more intensive training.

The effect of your training is displayed on the wrist unit in real time. The fat-burning and fitness intensity zones are separated by a vertical dotted line. This line is automatically detected by the FT40, and shifted according to your current condition.

Effect on the display will change to **Fatburn** or **Fitness** depending on which zone you are in.

1. Your current heart rate
2. Limit heart rate value between fat-burning and fitness intensity zones. ~ disappears as the FT40 adjusts the intensity zones to correspond to your current condition when necessary.

Fatburn (heart symbol is on the left side of the line)
In fatburn zone, training intensity is lower, and the source of energy is mainly fat. Therefore, fat burns efficiently and your metabolism, mainly fat oxidation, increases.

Fitness (heart symbol is on the right side of the line)
In fitness zone, training intensity is higher and you are improving your cardiovascular fitness i.e. strenghtening your heart and increasing blood circulation to muscles and lungs. The main energy source is carbohydrates.

You can lock into the Fatburn or Fitness zones, depending on your goal for that particular training session.

While in the desired zone, press OK for one second to lock. **Fat burning zone locked** or **Fitness zone locked** is displayed. The wrist unit gives a sound if you are training too hard or too light.
For instance, fatburn zone is locked in this image.
To unlock a zone, press OK for one second.

Training Functions

The following information is displayed during a training session. Press UP/DOWN to change the view.

Heart rate
Your current heart rate.

The duration of your training is displayed in all views.

Calories
Amount of calories burned.

Time
Time of day.

Quick Menu: Long pressing the **LIGHT** button during training recording brings you to **Quick menu**. In **Quick menu** you can adjust training sounds or lock buttons.

Heart Touch: displays the time during training on bringing the wrist unit near the transmitter. Set Heart Touch function **On/Off** in **Settings** > **Training Settings** > **HeartTouch**.

Stop Training

To pause the recording of your training session, press BACK.

To stop your training session press BACK twice. **Stopped** is displayed. A summary of your training will then appear. See After Training for more information.

Detach the transmitter connector from the strap and rinse the strap under running water after every use. Wash the strap regularly in a washing machine at 40°C/104°F at least after every fifth use.

Training Tips

If your aim is to lose weight, training sessions need to be 30-60 minutes or longer in the fat burn zone. The longer the duration the more calories burned, especially from fat. The percentage of burnt fat calories will appear in a summary after the session.

For improving your cardiovascular fitness, aim to train in the fitness zone three or four times a week for 20-40 minutes per session. The fitter you are, the more training (more often and longer duration) is required for fitness improvement.

Read more about training in Training Articles at http://articles.polar.fi.

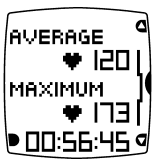
4. AFTER TRAINING

Training Summary

The Polar FT40 displays a training summary after each training session:

Calories
Calories burnt during training
Cal. fat
Fat percentage of the burnt calories

The duration of your training is displayed in all views.



Average
Average heart rate during training
Maximum
Maximum heart rate during training

Fat burn
Time spent in the fat burning zone
Fitness
Time spent in the fitness improving zone

Review Training Data

Review your training data in **Training files**, **Week summaries** and **Totals.**

1. Select **Data** > **Training files** to view detailed training information on your 50 most recent training sessions. The information is similar to what is displayed after each training session.

Each bar represents one training session. Select a training session you wish to view.
Upper row: Date and time of day when the file was created
Lower row: Training time

When **Training files** becomes full, the oldest training file is replaced by the most recent one. If you want to save the file for a longer period, transfer it to Polar web service on www.polarpersonaltrainer.com. For further information, see the Transfer Data.

To delete a training file, select **Data** > **Delete files** and the file you want to delete. **Delete file?** is displayed. Select **Yes**. **Remove from total?** is displayed. To remove the file from totals, as well, select **Yes**.

2. Select **Data** > **Week summaries** to view the training data and results for the last 16 weeks.

Each bar represents one training week. Select a week you wish to view with UP/DOWN.
Upper row: Week start / Week end date
Lower row: Total training time

To reset week summaries select **Data** > **Reset weeks?**. Select **Yes** to reset week summaries.

3. Select **Data** > **Totals since xx.xx.xxxx** to view the total cumulative duration, number of training sessions and calories starting from the last reset.

To reset totals, select **Data** > **Reset totals** and select **Yes**.

Transfer Data

How to transfer data from your FT40 to polarpersonaltrainer.com

For a long-term follow-up, transfer your training files effortlessly from your Polar FT40 to polarpersonaltrainer.com with Polar FlowLink*. There you can see your training data in more detail and converted into graphs.

1. Register at polarpersonaltrainer.com.
2. Follow the instructions to download and install Polar WebSync data transfer software onto your computer.
3. Plug in the FlowLink to the USB port on your computer.
4. Place your FT40 on the FlowLink display facing down.
5. Follow the data transfer process from the WebSync Software on your computer screen.

See polarpersonaltrainer.com "Help" for further instructions on data transfer.

*Optional Polar FlowLink required.

Test Your Fitness Level

The Polar Fitness Test™ is an easy and quick way to measure your cardiovascular fitness and aerobic capacity. The test is performed at rest.

The test result is a value called OwnIndex. OwnIndex is comparable to maximal oxygen uptake (VO_{2max}), a common aerobic capacity measure. For further reading, see Interpret Your Test Results.

The OwnIndex value can enhance the accuracy of calories calculation during training.

The test is developed for healthy adults. To make sure the test results are reliable, make the following considerations:

- Avoid distractions. The more relaxed you are and the more peaceful the testing environment is, the more accurate the test result will be (for instance, no television, telephone or talking).
- Avoid heavy physical exertion, alcohol and unprescribed pharmacological stimulants on the test day and the day before.
- Avoid eating a heavy meal or smoking 2-3 hours prior to the test.
- Perform the test always in similar conditions and at the same time during the day.
- Make sure that your user settings are correct.

Perform Polar Fitness Test

1. Wear the transmitter, lie down and relax for 1-3 minutes.
2. In Time mode, select **Fitness test** > **Start test**. The fitness test begins as soon as the FT40 has located your heart rate.
3. Approximately 5 minutes later, a beep indicates the end of the test, and the result will be displayed.
4. Press OK. **UPDATE VO_{2max}?** is displayed.
5. Select **Yes** to save the test result in **User information** and **OwnIndex results**. If you know your laboratory measured VO_{2max} value and have entered it in **User information**, select **No** to save your test result in **OwnIndex results** only.

Troubleshooting

- **Set activity lev. of past 3 months** is displayed > Set your activity level (see Settings for more information).**Activity set!** is displayed and the test begins.
- **Test Failed** is displayed > Your previous OwnIndex value is not replaced.
- No heart rate shown > Test fails. Check that the transmitter electrodes are moist enough and that the strap is snug around your chest.

Interpret Your Fitness Test Results

Interpret the OwnIndex values by comparing your individual values and changes in them over time. OwnIndex can also be interpreted based on gender and age. Locate your OwnIndex on the table, and find out how your aerobic fitness compares to others of the same gender and age.

This classification is based on a literature review of 62 studies where VO_{2max} was measured directly in healthy adult subjects in the USA, Canada and seven European countries. Reference: Shvartz E, Reibold RC: Aerobic fitness norms for males and females aged 6 to 75 years: a review. *Aviat Space Environ Med*; 61:3-11, 1990.

Age	VERY LOW	LOW	FAIR	MODERATE	GOOD	VERY GOOD	ELITE
20-24	<32	32-37	38-43	44-50	51-56	57-62	>62
25-29	<31	31-35	36-42	43-48	49-53	54-59	>59
30-34	<29	29-34	35-40	41-15	46-51	52-56	>56
35-39	<28	28-32	33-38	39-43	44-48	49-54	>54
40-44	<26	26-31	32-35	36-41	42-46	47-51	>51
45-49	<25	25-29	30-34	35-39	40-43	44-48	>48
50-54	<24	24-27	28-32	33-36	37-41	42-46	>46
55-59	<22	22-26	27-30	31-34	35-39	40-43	>43
60-65	<21	21-24	25-28	29-32	33-36	37-40	>40
20-24	<27	27-31	32-36	37-41	42-46	47-51	>51
25-29	<26	26-30	31-35	36-40	41-44	45-49	>49
30-34	<25	25-29	30-33	34-37	38-42	43-46	>46
35-39	<24	24-27	28-31	32-35	36-40	41-44	>44
40-44	<22	22-25	26-29	30-33	34-37	38-41	>41
45-49	<21	21-23	24-27	28-31	32-35	36-38	>38
50-54	<19	19-22	23-25	26-29	30-32	33-36	>36
55-59	<18	18-20	21-23	24-27	28-30	31-33	>33
60-65	<16	16-18	19-21	22-24	25-27	28-30	>30

Follow Your Fitness Test Results

The FT40 saves your 60 latest fitness test results. To view your long-term results, transfer saved data from your Polar FT40 to polarpersonaltrainer.com. There you can see your test results converted into a graph. For more information, see Transfer Data.

You can also view your two latest fitness test results in **OwnIndex results**.

- Select **Fitness test** > **OwnIndex results**.
- The date and the result of your latest fitness test are displayed.
- To view the result of your previous test, press UP/DOWN.

On average, it takes six weeks of regular training to improve your aerobic fitness noticeably. Training large muscle groups is the most efficient way to improve your aerobic fitness.

5. SETTINGS

Watch Settings

Select the value you want to change and press OK. Adjust the values with UP/DOWN and accept with OK.

Select **Settings** > **Watch, time and date** .

- **Alarm**: Set alarm **Off** or set the alarm on by selecting **Once**, **Every day** or **Monday to Friday** and then set the hours and minutes. Press BACK to stop the alarm or UP/DOWN to snooze for 10 minutes. The alarm cannot be used during training.
- **Time**: Select **Time 1** and set the time format, hours and minutes. Select **Time 2** to set time for another time zone by adding or substracting hours. In the Time view, you can quickly change from **Time 1** to **Time 2** by pressing and holding DOWN.
- **Time zone**: Select time zone 1 or 2.
- **Date**: Set the date.
- **Watch face**: Select **Time and logo** or **Time only**.

Training Settings

Select **Settings** > **Training settings**.

- **Training sounds**: Select **Off**, **Soft**, **Loud** or **Very loud**.
- **Heart rate view**: Set the FT40 to display your heart rate as **Beats per minute** or as **Percent of maximum**.
- **HeartTouch**: Select **On** or **Off**. Heart Touch will display the time if you bring the wrist unit near the transmitter.
- **Heart rate upper limit** helps you to train within your personal target heart rate zone (e.g. advised by a doctor). Set upper heart rate limit **On** and adjust the limit with UP/DOWN and press OK.

User Information

Select **Settings** > **User Information** and press OK.

- **Weight**: Enter your weight.
- **Height**: Enter your height.
- **Date of birth**: Enter your date of birth
- **Sex** : Select **MALE** or **FEMALE**.
- **Maximum heart rate** is the highest number of heartbeats per minute (bpm) during maximum physical exertion. Change the default value only if you know your laboratory-measured value.
- **Activity**: Select the alternative that best describes the overall amount and intensity of your physical activity during the past three months.
  1. **TOP (5+ hours per week)**: You participate in heavy physical exercise at least 5 times a week, or you exercise to improve performance for competitive purposes.
  2. **HIGH (3-5 hours per week)**: You participate at least 3 times a week in heavy physical exercise, e.g. you run 20-50 km or 12-31 miles per week or spend 3-5 hours per week in comparable physical activity.
  3. **MODERATE (1-3 hours per week)**: You participate regularly in recreational sports, e.g. you run 5-10 km or 3-6 miles per week or spend 1-3 hours per week in comparable physical activity, or your work requires modest physical activity.
  4. **LOW (0-1 hours per week)**: You do not participate regularly in programmed recreational sport or heavy physical activity, e.g. you walk only for pleasure, or exercise hard enough to cause heavy breathing or perspiration only occasionally.
- **OwnIndex (VO_{2m})**: When you perform Polar Fitness Test, your OwnIndex value is shown as a default. Change the default value only if you know your laboratory-measured VO_{2max} value.

General Settings

Select **Settings** > **General settings** .

- **Button sounds**: Adjust button sounds (**Off** / **Soft** / **Loud** / **Very Loud**)
- **Button lock**: Select **Manual lock** or **Automatic lock**.
  Automatic lock: The wrist unit automatically locks all the buttons except LIGHT. You can switch the button lock off by pressing and holding LIGHT until **Buttons unlocked** is displayed.
  Manual lock: Switch the button lock on or off by pressing and holding LIGHT until **Buttons unlocked** is displayed.
- **Units**: Select **Metric (kg/km)** or **Imperial (lb/ft)**. By selecting lb/ft, calories are displayed as Cal, otherwise they are shown as kcal.
- **Language**: Select **Deutsch, English, Español, Français or Italiano** .

6. CUSTOMER SERVICE INFORMATION

Caring for Your Polar FT40

Wrist Unit: Clean with a mild soap and water solution, dry with towel. Never use alcohol or any abrasive material (steel wool or cleaning chemicals). Keep in a cool and dry place. Do not store in a damp environment, in non-breathable material (a plastic bag or a sports bag) nor with conductive material (a wet towel). Do not expose to direct sunlight for extended periods.

Washing Instructions for WearLink

Transmitter: **Detach the transmitter connector from the strap and rinse the strap under running water after every use.** Dry the connector with a soft towel. Never use alcohol or any abrasive material (steel wool or cleaning chemicals).

Wash the strap regularly in a washing machine at 40°C/104°F or at least after every fifth use. This ensures reliable measurement and maximizes the life span of the transmitter. Use a washing pouch. Do not soak, spin-dry, iron, dry clean or bleach the strap. Do not use detergent with bleach or fabric softener. Never put the transmitter connector in the washing machine or drier!

Dry and store the strap and the transmitter connector separately. Wash the strap in a washing machine before long-term storage and always after use in pool water with high chlorine content.

Service

Your **Polar FT40** is designed to help you achieve personal fitness goals and indicate the level of physiological strain and intensity during training sessions. No other use is intended or implied.

During the two-year guarantee/warranty period we recommend that you have service done by an authorized Polar Service Center only. The warranty does not cover damage or consequential damage caused by service not authorized by Polar Electro.

Please see the separate Polar Customer Service Card for details.

Register your Polar product at http://register.polar.fi/ to ensure we can keep improving our products and services to better meet your needs.

Changing Batteries

Avoid opening the sealed battery cover during the guarantee period. We recommend that you have the battery replaced by an authorized Polar Service Center. They test your Polar FT40 for water resistance after battery replacement and make a full periodic check. Please note the following:

- The low battery indicator is displayed when 10-15% of the battery capacity is left.
- Before battery change, transfer all data from your FT40 to polarpersonaltrainer.com to avoid data loss. For more information see Transfer Data.
- Excessive use of the backlight drains the battery more rapidly.
- In cold conditions, the low battery indicator may appear, but will disappear when the temperature rises.
- The backlight and sound are automatically turned off when the low battery indicator is displayed. Any alarms set prior to the appearance of the low battery indicator will remain active.

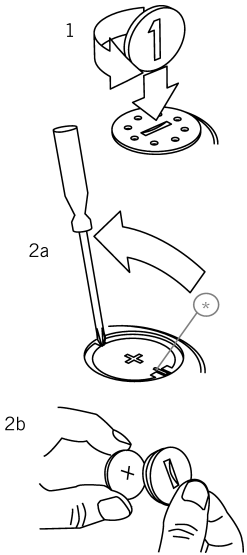
To change the battery yourself:

Change the sealing ring of the battery cover every time you change the battery. You can purchase the sealing ring/battery kits at well-equipped Polar retailers and authorized Polar Services. In the USA and Canada, the additional sealing rings are available at authorized Polar Service Centers only. Keep the batteries away from children. If swallowed, contact a doctor immediately. Batteries should be disposed of properly according to local regulations.

When handling a new, fully charged battery, avoid clasp-like contact, i.e. simultaneously from both sides, with metal or electrically conducting tools, like tweezers. This may short circuit the battery, causing it to discharge more rapidly. Typically, short circuiting does not damage the battery, but may decrease the capacity and thus the lifetime of the battery.

1. Open the battery cover with a coin by turning it from CLOSE to OPEN.
2. • When changing wrist unit battery (2a), remove the battery cover and lift the battery out carefully with a suitable sized small rigid stick or bar, for instance, a toothpick or small screwdriver. However, prefer a non-metal tool for wrenching the battery out. Be careful not to damage the metal sound element (*) or the grooves. Insert a new battery with the positive (+) side outwards.

   • When changing transmitter battery (2b), place the battery inside the cover with the positive (+) side facing the cover.
3. Replace the old sealing ring with a new one, fitting it snuggly in the cover groove to ensure water resistance.
4. Put the cover back on and turn it clockwise to CLOSE.
5. Re-enter the basic settings if you changed the wrist unit batteries.



Precautions

Minimizing Possible Risks

Training may include some risk. Before beginning a regular training program, answer the following questions concerning your health status. If you answer yes to any of these questions, consult a physician before starting any training program.

- Have you been physically inactive for the past five years?
- Do you have high blood pressure or high blood cholesterol?
- Do you have symptoms of any disease?
- Are you taking any blood pressure or heart medication?
- Do you have a history of breathing problems?
- Are you recovering from a serious illness or medical treatment?
- Do you use a pacemaker or other implanted electronic device?
- Do you smoke?
- Are you pregnant?

Note that in addition to training intensity, medication for heart conditions/blood pressure/psychological conditions/asthma/breathing/etc, as well as some energy drinks, alcohol, and nicotine may also affect heart rate.

It is important to be sensitive to your body's responses during training. If you feel unexpected pain or excessive fatigue when training, stop the exercise or continue at a lighter intensity.

If you have a pacemaker, defibrillator or other implanted electronic device, you use the Polar FT40 at your own risk. Before starting use, take a maximal training stress test under the supervision of a physician. The test is to ensure the safety and reliability of the simultaneous use of the pacemaker and the Polar FT40.

If you are allergic to any substance that comes into contact with your skin or if you suspect an allergic reaction due to using the product, check the listed materials in Technical Specifications. To avoid any skin reaction to the transmitter, wear it over a shirt. Moisten the shirt well under the electrodes to ensure flawless operation. If you use insect repellent on your skin, make sure that it does not come into contact with the transmitter.

Exercise equipment with electronic components may cause interfering stray signals.

To tackle these problems, try the following:

1. Remove the transmitter from your chest and use the exercise equipment as you would normally.

2. Move the wrist unit around until you find an area in which it displays no stray reading or does not flash the heart symbol. Interference is often worst right in front of the display panel of the equipment, while the left or right side of the display is relatively free of disturbance.

3. Put the transmitter back on your chest and keep the wrist unit in this interference-free area as much as possible.

If the Polar FT40 still does not work, the piece of equipment may be electrically too noisy for wireless heart rate measurement.

Troubleshooting

If you don't know where you are in the menu, press and hold BACK until the time is displayed.

If there are no reactions to any buttons or the wrist unit displays unusual readings, reset the wrist unit by pressing four buttons (UP, DOWN, BACK and LIGHT) simultaneously for four seconds. All other settings except time and date will be saved.

If the heart rate reading becomes erratic, extremely high or shows nil (00), make sure that there are no other heart rate transmitters within 1 m/3 ft and that the transmitter strap/the textile electrodes fit snugly and are moistened, clean and undamaged.

If the heart rate measurement does not work with the sports apparel, try using the strap. If it works, the problem is most probably in the apparel. Please contact the apparel retailer/manufacturer.

Strong electromagnetic signals can cause erratic readings. Electromagnetic disturbances may occur near high-voltage power lines, traffic lights, overhead lines of electric railways, electric bus lines or trams, televisions, car motors, bike computers, some motor driven training equipment, cellular phones, or at electric security gates. To avoid erratic readings, move away from possible sources of disturbance.

If the abnormal reading continues despite moving away from the source of disturbance, slow down and check your pulse manually. If you feel it corresponds to the high reading on the display, you may be experiencing cardiac arrhythmia. Most cases of arrhythmia are not serious, but consult your doctor nevertheless.

A cardiac event may have altered your ECG waveform. In this case, consult your physician.

If heart rate measurement does not work despite the actions mentioned previously, the battery of your transmitter may be empty.

Technical Specifications

Wrist Unit

Battery type	CR 2025
Battery life	Average 1 year (training 1 h/day, 7 days/week)
Operating temperature	-10 °C to +50 °C / 14 °F to 122 °F
Wrist strap material	Polyurethane
Back cover and wrist strap buckle	Stainless steel complying with the EU Directive 94/27/EU and amendment 1999/C 205/05 on the release of nickel from products intended to come into direct and prolonged contact with the skin.
Watch accuracy	Better than ± 0.5 seconds/day at 25 °C / 77 °F temperature.
Accuracy of heart rate measurement	± 1% or ± 1 bpm, whichever larger, definition applies to steady state conditions.

Transmitter

Battery type	CR 2025
Battery life	Average 2 years (1 h/day, 7 days/week)
Battery sealing ring	O-ring 20.0 x 1.0 Material FPM
Operating temperature	-10 °C to +50 °C / 14 °F to 122 °F
Connector material	Polyamide
Strap material	35% Polyester, 35% Polyamide, 30% Polyurethane

Limit values

Chronometer	23 h 59 min 59 s
Heart rate	15 - 240 bpm
Total time	0 - 9999 h 59 min 59 s
Total calories	0 - 999999 kcal/Cal
Total exercise count	65 535
Date of birth	1921 - 2020

System Requirements

Polar WebSync Software and Polar FlowLink:	PC MS Windows (2000/XP/Vista) 64/32 bit

Polar FT40 may be worn when swimming.

To maintain water resistance, do not press buttons under water. For more information, visit http://support.polar.fi. Water resistance of Polar products is tested according to International Standard ISO 2281. Products are divided into three categories according to their water resistance. Check the back of your Polar product for the water resistance category, and compare it to the chart below. Please note that these definitions do not necessarily apply to products of other manufacturers.

Marking on case back	Water resistant characteristics
Water resistant	Protected against wash splashes, sweat, raindrops etc. Not suitable for swimming.
Water resistant 30 m/50 m	Suitable for bathing and swimming
Water resistant 100 m	Suitable for swimming and snorkeling (without air tanks)

Guarantee and Disclaimer

Limited Polar International Guarantee

- This limited Polar international guarantee is issued by Polar Electro Inc. for the consumers who have purchased this product in the USA or Canada. This limited Polar international guarantee is issued by Polar Electro Oy for the consumers who have purchased this product in other countries.
- Polar Electro Inc. / Polar Electro Oy guarantees to the original consumer/ purchaser of this product that the product will be free from defects in material or workmanship for two years from the date of purchase.
- **Please keep the receipt or stamped Polar Customer Service Card as a proof of purchase!**
- The guarantee does not cover the battery, damage due to misuse, abuse, accidents or non-compliance with the precautions; improper maintenance, commercial use, cracked or broken cases.
- The guarantee does not cover any damage/s, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the product. During the guarantee period the product will be either repaired or replaced at an authorized service center free of charge.
- This guarantee does not affect the consumer's statutory rights under applicable national or state laws in force, or the consumer's rights against the dealer arising from their sales/ purchase contract.

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CE 0537

This product is compliant with Directive 93/42/EEC. The relevant Declaration of Conformity is available at www.support.polar.fi/declaration_of_conformity.

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